

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"



Extravaganza
July 18th, 2009

SUMMER 2010 PROGRAM GUIDE



Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ Apt./Box # _____ City _____ State _____ Zip _____

[] Check if new address Home Phone (_____) _____ Work Phone (_____) _____

Cell Phone (_____) _____ Email Address _____

Emergency Contact _____ Relationship _____ Phone (_____) _____

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: _____

Supplemental medical forms are available online or in our office.

PROGRAM INFORMATION

One registration form can be used for more than one person in the same household.

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

POOL PASS REGISTRATION

All primary household contact information must be filled out at the top of this page. **Proof of residency is required.**

Pool Pass Type (Check one): Household ☐ Individual ☐ FEE: \$ _____

Name	DOB	Name	DOB
1)		5)	
2)		6)	
3)		Extra #1 (\$5.00 fee)	
4)		Extra #2 (\$5.00 fee)	

PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____ DATE: _____

Register today! Registration is first-come, first-served!

TOTAL FEES: \$ _____

“ROUND UP” For Youth Recreation Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.



+ _____

Circle Method of Payment: Cash Check Credit Card

TOTAL AMOUNT: \$ _____

CREDIT CARD #: _____

EXP. DATE ____ / ____

Circle type of card: VISA MASTERCARD DISCOVER

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!

Frequently Requested Phone Numbers

Parks & Recreation Dept	(860) 665-8666
Parks & Recreation Hotline	(860) 665-8686
Parks & Grounds Dept	(860) 667-5830
Soccer Club of Newington	(860) 665-7203
Football - Youth	(860) 666-3367
Cheerleading - Youth	(860) 667-4101
Lacrosse - Youth	(860) 666-1025
Newington Swim Club	(860) 665-8208
Senior & Disabled Center	(860) 665-8778
Lucy Robbins Welles Library	(860) 665-8700
Indian Hill Country Club	(860) 665-7817
Newington High School	(860) 666-5611
Newington Little League	(860) 667-9866
Blackhawks Wrestling	(860) 667-4752
Basketball - Travel & Youth	(860) 665-8666
Human Services Department	(860) 665-8590
Special Olympics Newington	(860) 665-8671
Newington Arena	(860) 665-7825
Newington Historical Society	(860) 666-7118
Board of Education	(860) 667-2000

Check out page 6 for our Summer Concert Series!



Our Summer Concert Series is made possible by the generous support of Data-Mail, Inc. A detailed listing of this summer's line-up and performers will be available online at www.newingtonct.gov. We're excited to offer an exciting variety of music the whole family will enjoy this year!

You asked, We listened!

We're offering more trips than ever, and we have exciting trips for sports fans this summer. Check out page 5 for all of our exciting trips. **Also new this year, a Newington Parks and Rec. exclusive trip to see the Red Sox vs. Mariners at Fenway on Monday, August 23rd.**

The whole bus will be packed with your friends, neighbors and community. Register today for this awesome night of fun!

Discount Tickets Available for Six Flags and Lake Compounce

Get your discount Six Flags or Lake Compounce tickets at the Parks and Recreation office! Tickets are \$27.00 per person and valid for any day during the 2010 Six Flags Season and/or Lake Compounce. Tickets are available on a first come, first served basis until Friday, August 20th or until tickets run out. Purchase early to avoid disappointment. No refunds will be given for lost, stolen or unused tickets.



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Program
Information Hotline:
860-665-8686

Facility Rentals and Reservations...

Keep Your Eyes On The Parks! *Vandalism In Our Parks...*

No matter what your age, some of the RESPONSIBILITY is YOURS. This community—and what happens in it—is a reflection on how much you care for the place you live. And VANDALISM is an ugly reflection on any community...everywhere you look, you can see “The Handwriting is on the Wall.”

WHAT YOU CAN DO...

JOIN YOUR NEIGHBORS - Form a Park Watch program to protect your neighborhood park. With your neighbors, work out a schedule of park watches and maintenance checks.

TAKE TIME – Do your part...it will only take a few minutes to follow your routine schedule and protect the parks from costly damage and safety hazards. Look for: litter, broken glass, damage to equipment, graffiti, motorized vehicles in parks, cuts in the trees, etc.

CALL AND REPORT – If vandalism is in progress, call the Police Department and identify yourself as a member of the Park Watch (no name necessary), state the park and describe the damage being done. POLICE: 860-666-8445. Do not try and stop vandals yourself. If you find damages to the park, safety hazards, etc., report it to the Parks & Grounds Division at 860-667-5830. Repairs will be made as soon as possible.

IT ALL ADDS UP – A little effort goes a long way to keep the parks clean, safe and attractive for everyone.



Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rental. Reservations for summer bookings are still available. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first come, first served basis.



UPPER PAVILION...
\$35/day

Open space that can accommodate 40 people and includes tables and a grill.



MIDDLE PAVILION...
\$75/day

Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.



LOWER PAVILION...
\$50/day

Covered shelter that accommodates 60 people with electricity, tables and grill.



Birthday Parties at Mill Pond Pool

Ages 3 - 15 (Newington residents only)

Birthday parties are held at Mill Pond Pool and all packages include exclusive use of the pool with swim time, two lifeguards and use of pool toys. The Mortensen Community Center Teen Center will be available in case of inclement weather. Birthday parties fill quickly, so book early! Please call the Parks & Recreation Department at 860-665-8666 to reserve your spot today!

Times: 12:00 - 2:00 PM

Dates: Saturdays, July 3 - August 14 (No parties held on July 17)

Fee: \$160 for up to 15 children for residents
\$5.00 for each additional child

Kids' Gardening Program *Grades 1-4 (Newington residents only)*

Children will learn the basics of gardening in this fun, interactive program, including planting, weeding, watering, harvesting, preparing and EATING home-grown fruits and vegetables. Program will meet every other Wednesday throughout the summer. Participants should wear appropriate clothes and may bring a small gardening tool. Children (and parents) will be scheduled to water and weed during non-class times. We will use and meet at a 20 x 50 foot plot in our community gardens located at Young Farm on Church Street. Please call the Parks & Recreation Department at 860-665-8666 for more information! *Instructor: Steve Tofeldt*

ID:	Time	Dates	Fee
7092	6:00- 7:00 PM	Wednesdays, June 2, 16, 30; July 14, 28; August 11, 25	\$25 for residents





Red Sox vs. Orioles *Saturday - Sunday, June 5 - 6th, 2010*

Enjoy TWO games in one weekend in Baltimore, MD.

Fee: \$429 Single per person \$339 Double per person
\$309 Triple per person \$299 Quad per person

ID: 6633

Bus trip includes:

- Round trip transportation with DATTCO tour director
- 1 night accommodation at Radisson Lord Baltimore with 1 full American breakfast at hotel
- Ticket to Saturday and Sunday Orioles Games at Camden Yards (seats in section 66) and leisure time at Baltimore Inner Harbor
- Bus departs from the **Department of Transportation Commuter Lot (Time TBD)**. Departs Baltimore 1/2 hour after game.



NASCAR at the New Hampshire Speedway *Sunday, June 27th, 2010*

Nascar Sprint Cup Series - Lenox Industrial Tools 301

Fee: \$199 per person

ID: 6634

Bus trip includes:

- Round trip transportation
- Ticket to NASCAR RACE and a tailgate party (Sandwiches with all the fixing's)
- Bus departs from the **Department of Transportation Commuter Lot at 6 AM**. Departs Loudon, NH 45 minutes after race.



Yankees vs. Orioles *Saturday - Sunday, September 18 - 19th, 2010*

Enjoy TWO games in one weekend in Baltimore, MD.

Fee: \$359 Single per person \$299 Double per person
\$289 Triple per person \$279 Quad per person

ID: 6635

Bus trip includes:

- Round trip transportation with DATTCO tour director
- 1 night accommodation at Marriott Baltimore Inner Harbor with 1 full American breakfast at hotel
- Ticket to Saturday and Sunday Orioles Games at Camden Yards (seats in section 66) and leisure time at Baltimore Inner Harbor
- Bus departs from the **Department of Transportation Commuter Lot (Time TBD)**. Departs Baltimore 1/2 hour after game.



Red Sox vs. Mariners *Monday, August 23rd, 2010*

Join the Parks and Recreation Department for this Monday night home game at Fenway. Maximum of 54 tickets are available.

Fee: \$90 per person

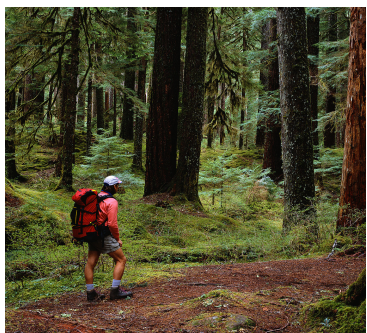
ID: 6886

Bus trip includes:

- Round trip motorcoach transportation
- Ticket to 7:05 pm. game vs. Seattle Mariners (Right Field Box Seat)
- Bus departs from the **Newington Police Department Parking lot at 4 p.m.** Departs Boston 1/2 hour after game.

Bus Trip Guidelines

- All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them.
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.
- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We are not responsible for your return trip if you miss the bus!
- We typically use a 50-passenger coach bus. Some trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- Bus departs from and returns to the Police Station Parking Lot located behind the Newington Town Hall on Garfield Street unless otherwise stated.



National Trails Day Morning Bird Walk

Saturday, June 5th, 7:00 AM

Cedar Mountain Trail

Join us for an early morning bird walk through the old Cedar Mountain Trail. This moderate hike will be approximately two hours long. Avid bird enthusiasts Anita Shaffer and Roy Zartarian will lead the hike and point out the different birds you'll view along the way. Walkers should meet at the entrance to the old Cedar Mountain Trail on Russell Road. Hiking shoes and binoculars are recommended. No children under 10, please.



Touch-a-Truck

Saturday, June 19th, 10 AM -12 Noon

Library/Town Hall Parking Lots

Held in conjunction with the Lucy Robbins Welles Library Kickoff to Summer Reading, this is a free event for the whole family! Sponsors include the GFWC Newington/Wethersfield Women's Club and the MDC. This is a hands-on event and kids young and old can touch, honk horns and climb on the vehicles we will have on display. Vehicles on display may include a Back Hoe, Fire Truck, Pay Loader, Dump Truck, Deck Mower, Police Cruiser, Medical Ambulance and more! No registration is required.



Summer Concert Series at Mill Pond Park

Sponsored by Data-Mail, Inc.

Thursdays, June 24, July 1, 8, 22 and 29th, 6:30-8:30 PM

Newington Parks and Recreation Department presents the 2010 Summer Concert Series sponsored by Data-Mail, Inc. The concerts are held at the Mill Pond Park Gazebo. Join us for the 19th season, and bring a picnic dinner, lawn chair or blanket and enjoy the music outdoors! Please check our website at www.newingtonct.gov for the full concert series line-up. In case of inclement weather, concerts will be held at the Senior & Disabled Center. Please call our program hotline at 860-665-8686 if the weather is inclement.



Frank O'Rourke Fun Runs

Wednesdays, July 14, 21, 28, August 4 and 11th, 6:30 PM

John Wallace Middle School Cross Country Trail

These runs are a great way for the whole family to keep in shape this summer. Come out and walk or run the 5K (3.1 mile) course. Races are free for everyone and ribbons are awarded. Please call Jim Thomas-Melly at 860-665-0624 for more information. The races are in honor of Mr. Frank O'Rourke who was a longtime NHS Cross Country Coach. Participants under 18 must be accompanied by a parent or guardian to sign the program waiver.



Dog Days of Summer Swim

Tuesday, August 17th, 6 - 7:30 PM at Mill Pond Pool

Tuesday, August 24th, 6 - 7:30 PM at Churchill Pool

All ages, breeds and sizes welcome! The humans get to swim all summer, so on these dates your furry friend will get his or her chance, too! Dogs must be under their owner's control at all times and a responsible adult over age 16 must accompany each dog. Bring the whole family out to give Fido a refreshing treat—a dog-only splash party in the pool! Owners are not permitted to be in the water with the dogs. Please only bring your dog if he/she is comfortable around other dogs. In case of inclement weather, please call 860-665-8686. Fee is \$5 per dog. Owners must provide proof of dog's rabies vaccination at the door and **dogs must be wearing a current dog license from their town of residency**. All owners must bring a plastic bag and pick up after their dogs!



Newington Family Pool Party

Monday, July 12, 6:00-8:00 PM

Mill Pond Park Pool

Join us for a night at Mill Pond Park Pool for a free family pool party sponsored in conjunction with the Lucy Robbins Welles Library. This event is open to Newington residents only. The evening will include pool games, a DJ and fun with your friends and neighbors. The concession stand will be open to purchase refreshments. For more information, please call the Parks and Recreation office at 860-665-8666. This event is free and no pre-registration is required.



Movie in the Park - *Homeward Bound: The Incredible Journey*

Tuesday, July 13, 8:00 PM (Rain Date: Wednesday, July 14)

Mill Pond Park

Mill Pond Park will become an outdoor cinema for a viewing of the G-rated "**Homeward Bound: The Incredible Journey**". Starring the voices of Michael J. Fox and Sally Field, this movie will be sure to provide laughs for the whole family. Bring a blanket or lawn chairs, your family and friends and lounge in the park to enjoy the film! This event is free and fun for the whole family. In case of inclement weather, please call our hotline at 860-665-8686.



Summer Carnival *on Extravaganza weekend!*

Thursday, July 15, 5 -10 PM; Friday, July 16, 5 -10 PM & Saturday, July 17, 9 AM - 9 PM

Mill Pond Park

Stay local this summer and enjoy this fantastic event right here in Newington! This year's carnival will be bigger and better than ever, and best of all, it's right here in town! Mill Pond Park will be transformed with carnival games, exciting rides for the whole family, food and more! Purchase a ride wristband and enjoy unlimited rides all day! Ride all day on Thursday for \$15 with a ride wristband. On Friday and Saturday, ride all day for \$20 with a ride wristband. You won't want to miss these three days of fun!



Concert in the Park & Adult Beverage Garden

Friday, July 16, 6:00 PM

Mill Pond Park

This is one night you won't want to miss! Kick and Déjà Vu will perform on the eve of Extravaganza at Mill Pond Park for this adults-only event. Sit back with your friends, family and neighbors to celebrate Newington on this evening with entertainment, food and drinks! All attendees must be 21 or older. Tickets can be purchased in advance for \$10 at the Parks and Recreation office. Tickets will also be available at the concert for \$15. For more information, please call 860-665-8666.



29th Annual Extravaganza!

Saturday, July 17, activities and events begin at 9:00 AM

Fireworks at 9:00 PM

Mill Pond Park

Join us at Mill Pond Park on Saturday, July 17 to celebrate Newington and all it has to offer at the 29th Annual Extravaganza! Enjoy food, games, rides, arts & craft exhibits and much more! Admission and parking are free, so bring the whole family to this all-day event! The event will conclude with a spectacular evening fireworks display over Mill Pond Park. See all your neighbors and friends at the Extravaganza, an event you will surely enjoy!



Aquatic Facility Information and Hours

Newington Parks and Recreation has two outdoor pools that operate during the summer season, located at Mill Pond Park and Churchill Park. We offer recreational swim times, group swim lessons, semi-private swim lessons, water baby classes, pool parties, special needs swim lessons, special events and much more! Newington residents may purchase pool passes which permit entrance to both pools during recreational swim times. Pool passes purchased for the 2010 Summer may also be used at the Newington High School Pool for the 2010-2011 indoor season. Newington's aquatic facilities are open to residents, but residents may bring non-residents as their guests during recreational swim times. Non-residents may only use the pools as a guest of a Newington resident, and must pay the daily rate. The outdoor aquatic facilities will close in the case of thunder and/or lightning in the immediate area. Pools will re-open thirty minutes after the lightning and/or thunder ceases. There will be no make-up classes offered for missed and/or cancelled lessons. In case of inclement weather, please call the Pool Activity Line at 860-665-8766.

Mill Pond Pool

Opens Monday, June 28th
Closes Monday, August 16th at 5 p.m.

Recreational Swim

Monday - Thursday

2 - 5:45 p.m.
6:45 - 8:15 p.m.*

Friday

10 a.m. - 1 p.m.
2 - 8:15 p.m.

Saturday & Sunday

2 - 7:15 p.m.

Senior & Disabled Swim

Monday - Friday

1 - 2 p.m.

* closing time is subject to change due to weather and sunset times.

Mill Pond Pool will be closed on
Saturday, July 17th for Extravaganza.

Mill Pond Pool will also close at 3:30 p.m. on
Sunday, July 25th for staff training.

Churchill Pool

Opens Monday, June 28th
Closes Monday, August 23rd at 4:45 p.m.

Recreational Swim

Monday - Thursday

1 - 4:45 p.m.

Friday

10 a.m. - 7 p.m.

Saturday & Sunday

1 - 4:45 p.m.

Churchill Pool will close at 3:30 p.m. on
Sunday, July 25th for staff training.

**New This Year:
More time available
for recreational swim!**

Pool Passes

Individual Pass

- Purchased prior to May 28th: \$55
- Purchased after May 28th: \$60

Household Pass*

- Purchased prior to May 28th: \$75
- Purchased after May 28th: \$85

*Please note that the household pass includes up to six people who permanently reside in the same household. Babysitters and visiting relatives are not eligible. For households with more than six people, the additional fee for each person is \$5.

Daily Admission Rates

- Adults (18+): \$5 per session
- Children (under 18): \$3 per session
- Seniors (62+): \$3 per session

* Children 12 years of age and younger must be accompanied by a responsible individual 15 years or older. Proof of residency is required.

Swim Lesson Level Descriptions (Newly Revised in Fall 2009)

Waterbabies (Ages 6 months - 2 years with parent) - Parent and child program that will allow your child to adjust to the water using games, songs, basic movements and fun! Parent will accompany the child into the water. Swim diapers are required for children who are not toilet trained. A birth certificate is also required.

Preschool (Ages 3 - 5) - Children participate independently in this program that includes water entry and adjustment, blowing bubbles, basic kicking and arm movements, floats, glides and of course, playing games! Children must be 3 years old when the program begin and a birth certificate is required.

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program Levels 1-6. In the Fall 2009 session, we began offering the new program which has been revised to improve effectiveness of swim lessons, emphasize water safety and drowning prevention and improve participant progress and skill acquisition. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. Please review the swim lesson level descriptions below prior to registering your child.

***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - (Must be at least 6 years old) Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

Level 2 - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

Level 4 - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly and back crawl (25 yards each).

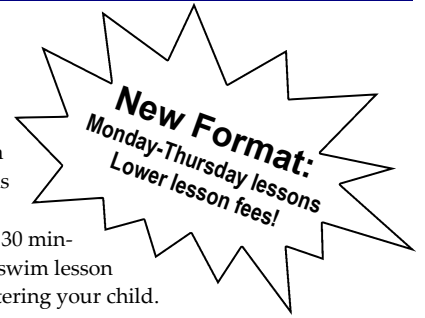
Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly and back crawl (50 yards each), competitive turns.

For a detailed list of the new swim lesson level descriptions, please visit us on the web at www.newingtonct.gov

Group Swim Lesson Program *(Newington residents only)*

Waterbabies: ages 6 months - 2 years with parent, Preschool: ages 3 - 5, Levels 1-6: ages 6 - 17 years

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe for everyone. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that participants must be at least 6 years of age to register for Levels 1 and up. New this year, group lessons are held Monday through Thursday and are 30 minutes in length. Sessions 1, 2 and 3 are two-week sessions. Session 4 is a one week session. If your child is new to our swim lesson program, please review the swim lesson level descriptions on page 8 or online at www.newingtonct.gov prior to registering your child.



Churchill Pool Group Lessons - mornings (Mon. - Thurs.)

Session 1, 2 and 3 Fee: \$30, Session 4 Fee: \$15

Newington Residents only

Session 1: June 28 - July 8		Session 2: July 12 - July 22		Session 3: July 26 - August 5		Session 4: August 9 - 12	
10:00 a.m. - 10:30 a.m.		10:00 a.m. - 10:30 a.m.		10:00 a.m. - 10:30 a.m.		10:00 a.m. - 10:30 a.m.	
Preschool	ID: 6887	Preschool	ID: 6911	Preschool	ID: 6935	Preschool	ID: 6959
Level 1		Level 1	ID: 6912	Level 1	ID: 6936	Level 1	ID: 6960
Level 2	ID: 6888	Level 2	ID: 6913	Level 2	ID: 6937	Level 2	ID: 6961
Level 3	ID: 6889	Level 3	ID: 6914	Level 3		Level 3	ID: 6962
Level 4	ID: 6890	Level 4		Level 4	ID: 6938	Level 4	

Churchill Pool Group Lessons - evenings (Mon. - Thurs.)

Session 1, 2 and 3 Fee: \$30, Session 4 Fee: \$15

Newington Residents only

Session 1: June 28 - July 8		Session 2: July 12 - July 22		Session 3: July 26 - August 5		Session 4: August 9 - 12	
5:00 p.m. - 5:30 p.m. / 5:30 p.m. - 6:00 p.m.		5:00 p.m. - 5:30 p.m. / 5:30 p.m. - 6:00 p.m.		5:00 p.m. - 5:30 p.m. / 5:30 p.m. - 6:00 p.m.		5:00 p.m. - 5:30 p.m. / 5:30 p.m. - 6:00 p.m.	
Water babies		Water babies	ID: 6915	Water babies	ID: 6939	Water babies	ID: 6968
Preschool	ID: 6891 ID: 6896	Preschool	ID: 6916 ID: 6920	Preschool	ID: 6944	Preschool	ID: 6963 ID: 6969
Level 1	ID: 6892	Level 1	ID: 6917 ID: 6921	Level 1	ID: 6940	Level 1	ID: 6964
Level 2	ID: 6893 ID: 6897	Level 2	ID: 6918 ID: 6922	Level 2	ID: 6941 ID: 6945	Level 2	ID: 6965 ID: 6970
Level 3	ID: 6894 ID: 6898	Level 3	ID: 6923	Level 3	ID: 6942 ID: 6946	Level 3	ID: 6966 ID: 6971
Level 4	ID: 6899	Level 4	ID: 6924	Level 4	ID: 6947	Level 4	ID: 6972
Level 5	ID: 6895	Level 5	ID: 6919	Level 5	ID: 6943	Level 5	ID: 6967
Level 6	ID: 6900	Level 6		Level 6	ID: 6948	Level 6	

Mill Pond Pool Group Lessons - mornings (Mon. - Thurs.)

Session 1, 2 and 3 Fee: \$30, Session 4 Fee: \$15

Newington Residents only

Session 1: June 28 - July 8		Session 2: July 12 - July 22		Session 3: July 26 - August 5		Session 4: August 9 - 12	
11:00 a.m. - 11:30 a.m. / 11:30 a.m. - 12:00 p.m.		11:00 a.m. - 11:30 a.m. / 11:30 a.m. - 12:00 p.m.		11:00 a.m. - 11:30 a.m. / 11:30 a.m. - 12:00 p.m.		11:00 a.m. - 11:30 a.m. / 11:30 a.m. - 12:00 p.m.	
Water babies	ID: 6901	Water babies	ID: 6925	Water babies	ID: 6949	Water babies	ID: 6973
Preschool		Preschool	ID: 6930	Preschool	ID: 6954	Preschool	ID: 6974 ID: 6978
Level 1	ID: 6902 ID: 6906	Level 1	ID: 6931	Level 1	ID: 6950	Level 1	ID: 6979
Level 2	ID: 6907	Level 2	ID: 6926	Level 2	ID: 6951 ID: 6955	Level 2	ID: 6975
Level 3	ID: 6903 ID: 6908	Level 3	ID: 6927 ID: 6932	Level 3	ID: 6952 ID: 6956	Level 3	ID: 6980
Level 4	ID: 6904 ID: 6909	Level 4	ID: 6928 ID: 6933	Level 4	ID: 6957	Level 4	ID: 6976 ID: 6981
Level 5	ID: 6910	Level 5	ID: 6929	Level 5	ID: 6958	Level 5	ID: 6982
Level 6	ID: 6905	Level 6	ID: 6934	Level 6	ID: 6953	Level 6	ID: 6977

Semi-Private Swim Lessons *Ages 6 - 17*

Semi-Private swim lessons (max 2 individuals) are great for more personalized attention from our lifeguard staff. Lessons are offered as one week sessions, Monday through Thursday, and are 30 minutes in length. Please see descriptions for Levels 1 - 6 on page 8.

Location: Churchill Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

Session 1: June 28 - July 1

6:00 p.m. - 6:30 p.m. 6:30 p.m. - 7:00 p.m.

Level 1	ID: 6983	ID: 6988
Level 2	ID: 6984	ID: 6989
Level 3	ID: 6985	ID: 6990
Level 4	ID: 6986	ID: 6991
Level 5/6	ID: 6987	ID: 6992

Session 2: July 5 - 8

6:00 p.m. - 6:30 p.m. 6:30 p.m. - 7:00 p.m.

Level 1	ID: 6993	ID: 6998
Level 2	ID: 6994	ID: 6999
Level 3	ID: 6995	ID: 7000
Level 4	ID: 6996	ID: 7001
Level 5/6	ID: 6997	

Session 3: July 12 - 15

6:00 p.m. - 6:30 p.m. 6:30 p.m. - 7:00 p.m.

Level 1	ID: 7002	ID: 7007
Level 2	ID: 7003	ID: 7008
Level 3	ID: 7004	ID: 7009
Level 4	ID: 7005	ID: 7010
Level 5/6	ID: 7006	ID: 7011

Session 4: July 19 - 22

6:00 p.m. - 6:30 p.m. 6:30 p.m. - 7:00 p.m.

Level 1	ID: 7012	ID: 7017
Level 2	ID: 7013	ID: 7018
Level 3	ID: 7014	ID: 7019
Level 4	ID: 7015	ID: 7020
Level 5/6	ID: 7016	ID: 7021

Session 5: July 26 - 29

6:00 p.m. - 6:30 p.m. 6:30 p.m. - 7:00 p.m.

Level 1	ID: 7022	ID: 7027
Level 2	ID: 7023	ID: 7028
Level 3	ID: 7024	ID: 7029
Level 4	ID: 7025	ID: 7030
Level 5/6	ID: 7026	

Session 6: August 2 - 5

6:00 p.m. - 6:30 p.m. 6:30 p.m. - 7:00 p.m.

Level 1	ID: 7031	ID: 7036
Level 2	ID: 7032	ID: 7037
Level 3	ID: 7033	ID: 7038
Level 4	ID: 7034	ID: 7039
Level 5/6	ID: 7035	ID: 7040

Session 7: August 9 - 12

6:00 p.m. - 6:30 p.m. 6:30 p.m. - 7:00 p.m.

Level 1	ID: 7041	ID: 7046
Level 2	ID: 7042	ID: 7047
Level 3	ID: 7043	ID: 7048
Level 4	ID: 7044	ID: 7049
Level 5/6	ID: 7045	ID: 7050



Adult Swim Lessons

Ages 18 & Up

Our adult swim lessons provide a wonderful opportunity for adults to learn how to swim in an age appropriate and comfortable environment. Lessons are held as one week sessions, Monday through Thursday from 6:30-7 p.m. and are taught in groups of no more than 5 participants per instructor.



Location: Churchill Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

ID:	Level	Dates	Time
ID: 7051	Beginners	Mon. - Thurs., July 5 - 8	6:30-7 PM
ID: 7052	Adv. Beginners	Mon. - Thurs., July 26 - 29	6:30-7 PM

Adult Swim Program *Ages 18 & Up*

ATTENTION ADULT SWIMMERS!

Looking for a great alternative to the gym this summer? Mill Pond Pool will have lap lanes available Monday through Friday evenings from 6:45-8:15 p.m. We'll also have sample swim workout cards that you can borrow.

Jr. Lifeguard Program

For Newton Youth completed Grades 8, 9 or 10

The Jr. Lifeguard program is a summer program that provides instruction, hands-on experience and skill development to work in a community aquatic setting. The program will introduce water safety procedures and basic water rescue. The program will run four days a week for two weeks. During the first two days of the session, participants will complete training in leadership, policies and procedures, customer service and professionalism, including how to fill out a job application and how to interview for a job. The following six days are spent on-site at one of our pool facilities. Participants will assist with swim instruction and various aquatic programs. The Jr. Lifeguard Program is not an American Red Cross program, and participants do not receive any certifications for completing the program.

Participant Requirements:

- Newton Resident
- Completed grades 8, 9 or 10
- Have completed American Red Cross Learn-to-Swim Level 4 or able to demonstrate the following skills:
 - Swim 50 yards (2 laps) non-stop front crawl (freestyle)
 - Retrieve objects from a depth of 6 feet
 - Swim underwater for 10 feet

Registration Information

Time: 9:30 a.m. - 1:00 p.m.

Fee: \$65 per session for residents / not available for non-residents

Session 1 (ID: 6820): Week 1: Tues - Fri, July 6 - 9 (no program July 5)
Week 2: Monday - Thursday, July 12 - 16

Session 2 (ID: 6821): Week 1: Monday - Thursday, July 26 - 29
Week 2: Monday - Thursday, Aug. 2 - 5

Special Needs Swim Lessons

Ages 5 & Up

Swim lessons for children or adults with physical or intellectual disabilities. Swim lessons are limited to one participant per instructor. Lessons are held as one week sessions, Monday through Thursday, from 6 - 6:30 p.m. There will be no make-ups for missed and/or cancelled classes.

Location: Mill Pond Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

June 28 - July 1	July 5 - 8	July 19 - 22	July 26 - 29	August 2 - 5	August 9 - 12
6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.
ID: 7053	ID: 7054	ID: 7055	ID: 7056	ID: 7057	ID: 7058



Little Swimmers

Ages 1 - 5

A great program for your little swimmer! Come join us at Mill Pond Wading Pool on Mondays, Tuesdays, Wednesdays and Thursdays for fun, friends, toys and splashing. Open to children ages 1 - 5 years old. Siblings under the age of one attend free with a registered sibling. Parents must accompany their child into the wading pool and stay with them during the entire program. Children who are not toilet trained must wear a swim diaper.

Location: Mill Pond Park Wading Pool

Staff: Aquatics Staff

*Fee: \$10 per week or \$55 for the whole summer for residents
Not available for non-residents*

Days: Monday-Thursday

Time: 10:00 AM - 12 Noon

Session	ID	Date
1	7059	Monday - Thursday, June 28 - July 1
2	7060	Monday - Thursday, July 5 - July 8
3	7061	Monday - Thursday, July 12 - July 15
4	7062	Monday - Thursday, July 19 - July 22
5	7063	Monday - Thursday, July 26 - July 29
6	7064	Monday - Thursday, August 2 - August 5
7	7065	Monday - Thursday, August 9 - August 12



Birthday Parties at Mill Pond Pool

Ages 3 - 15 (Newington residents only)

Birthday parties are held at Mill Pond Pool and all packages include exclusive use of the pool with swim time, two lifeguards and use of pool toys. The Mortensen Community Center Teen Center will be available in case of inclement weather. Birthday parties fill quickly, so book early! Please call the Parks & Recreation Department at 860-665-8666 to reserve your spot today!

Times: 12:00 - 2:00 PM

Dates: Saturdays, July 3- August 14 (No parties held on July 17)

Fee: \$160 for up to 15 children for residents

\$5.00 for each additional child

Not available for non-residents

Dog Days of Summer Swim!

Tuesday, August 17th at Mill Pond Pool

Tuesday, August 24th at Churchill Pool



Please see page 6 for more information.



Music Together

Ages newborn to 5 years

Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Our goal is to nurture your child's natural enthusiasm for music and movement during the early childhood years when, as with language learning, musical aptitude is at the critical stage of most rapid growth. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers. Minimum of 8/ Maximum of 12.

Location: Mortensen Community Center Romano Room

Fee: \$110 includes CD and all materials. (Fee remains the same for non-residents) Infants under 8 months free with a registered sibling. \$50 for each additional sibling registered for same class.

ID:	Time	Dates
6841	9:30 - 10:15 AM	Wednesdays,
6842	10:30 - 11:15 AM	July 7 - August 11 (6 classes)

Creative Playtime Preschool Program

Still has openings for the 2010-2011 School Year!

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

Give your child a wonderful and enriching introduction to the classroom environment.

For more information about the Creative Playtime Preschool Program, please inquire at the Parks and Recreation office or call

860-665-8666

Kids' Art Studio

Ages 5 - 12



This is a great course exploding with creativity and fun! Participants will explore various art media while creating 2-D and 3-D projects. Art materials to be used include foam, paint, felt, wood sticks and more! All supplies are provided. Children should wear a smock or old clothes.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

*Fee: \$28 per session for residents
\$35 per session for non-residents*

ID:	Time	Dates
Ages 5 & 6		
6833	5:30 - 6:30 PM	Tuesdays, June 29 - July 20 (4 classes)
6834	5:30 - 6:30 PM	Tuesdays, July 27 - August 17 (4 classes)
Ages 7 - 12		
6835	6:45 - 7:45 PM	Thursdays, July 1 - July 22 (4 classes)
6836	6:45 - 7:45 PM	Thursdays, July 29 - August 19 (4 classes)

Children's Cartooning

For children who have completed grades 1-5

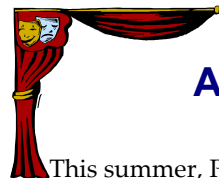
A course designed to teach the basics as well as further the skills of the experienced cartoonist! Learn how to create laughing eyes and sneering mouths, stretch bodies, animate, flip books, cartoon strips and thaumatropes. All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

*Fee: \$28 per session for residents
\$35 per session for non-residents*

ID:	Time	Dates
Session 1		
6839	6:45 - 7:45 PM	Tuesdays, June 29 - July 20 (4 classes)
Session 2		
6840	6:45 - 7:45 PM	Tuesdays, July 27 - August 17 (4 classes)



Performing Arts Programs

Ages 6-12

This summer, Performing Arts Programs will again offer this five-day experience for the young drama and dance enthusiasts. Some of the topics and activities include exciting Musical Theater dance routines, theater games, acting terminology, concentration and improvisational exercises, voice and speech, sense memory, subtext, stage stills and script work. The program concludes with a performance for family and friends on the last day.

Location: Newington Town Hall Council Chambers Stage

Staff: Performing Arts Programs Staff

Fee: \$215 for residents / Fee remains the same for non-residents

ID:	Time	Dates
6843	9:00 AM - 2:30 PM	Monday - Friday, July 19-23 (5 classes)

Children's Drawing

For children who have completed grades 1-5

A course developed to instruct the basic concepts of shape, value, texture, etc. while having fun. Subjects will include animals, buildings, people, cars and much more! All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

*Fee: \$28 per session for residents
\$35 per session for non-residents*

ID:	Time	Dates
Session 1 (4 classes)		
6837	5:30 - 6:30 PM	Thursdays, July 1 - July 22
Session 2 (4 classes)		
6838	5:30 - 6:30 PM	Thursdays, July 29 - August 19

UK International Soccer Camp *Ages 3 - 14*

UK International Soccer Camps are one of the largest providers of soccer instruction in the U.S. The program's goal is to provide "The Best Possible Soccer Experience" for all players. Camp programs use age appropriate curriculums for youths ages 3 to 14. Please bring a soccer ball, shinguards, appropriate clothing, water and sunscreen. All players receive a free camp t-shirt & evaluation.

Location: Mill Pond Park Soccer Fields

Adventure Soccer: Players learn fundamentals of soccer in a fun-filled, magical environment. Animated activities & fun games promote development of motor skills and encourage group interaction.

Ages 3 & 4

ID: 6844 5:00-6:00 PM Mon - Fri \$70
July 19 - 23

Ages 5 & 6

ID: 6845 6:00-7:30 PM Mon - Fri \$85
July 19 - 23

UK Classic: The true community camp aimed at the recreational and developmental player. The camp promotes safety & fun and an educational environment using age appropriate curriculums (Fun in the Sun, Skills "N" Thrills & Compete with your Feet).

Ages 6-14

ID: 6846 5:00-8:00 PM Mon - Fri \$115
July 19 - 23

Soccer Madness 4 vs 4 World Cup Tournament

Four age groups:

- Entering 5th & 6th grades
- Entering 7th & 8th grades
- Entering 9th & 10th grades
- Entering 11th & 12 grades

Boys & Girls will compete separately. Each team is allowed up to 6 players per team (2 subs). Players will receive a Xara Uniform Jersey with their representing country name on it. Champions of each grade/gender group will win an award. Games will be 20 to 30 minutes long, and each team will be guaranteed a minimum of 5 games.
E-mail Angelo Marchetti at soccercalcio@cox.net for more information. A separate registration form must be completed and can be obtained in the Parks and Recreation office or online at www.newingtonct.gov.

Location: Mill Pond Soccer Fields

ID	Time	Dates
6847	5:30 PM-8:00 PM	Friday, June 25
	9:00 AM-3:00 PM	Saturday, June 26
	10:00 AM-3:00 PM	Sunday, June 27
Fee: \$250 per team		

Chris Corkum Baseball Camp *Ages 7 - 12*

Chris Corkum and his experienced staff are excited for their 16th year in Newington! This very successful camp stresses all aspects of the game of baseball. Included are fun and fitness plus in depth work in fielding, throwing, hitting, pitching, base running, and game play. This camp will lecture, demonstrate and direct during the small group instructional sessions. The camp will also stress knowledge of the rules and regulations of baseball. Please bring a bat, glove, hat, sneakers/spikes and a water bottle. For more information, call Chris Corkum at 860-623-1027.

Location: Mill Pond Park Baseball Field

ID	Time	Dates	Fee
6848	9:00 AM - 1:00 PM	Mon - Thurs July 19 - 22 (7/23 rain date)	\$120

Girls' Fast Pitch Softball Camp *Entering Grades 5 - 9*

Is your child looking to improve her softball skills and have some fun? Join the Newington High School Softball Coaches Steve Markie and George Windish for this camp. It's a great opportunity to work on all levels of the game, improve skills and learn valuable new techniques. All participants will receive a t-shirt.

Location: Newington High School Softball Fields

ID	Time	Dates	Fee
6849	9:00 AM - 12:00 PM	Mon - Thurs June 28-July 1 (7/2 rain date)	\$100

Interested in one of our sports camps?

Please Register Early!

Our camps sometimes fill to capacity, but we also need to have a minimum number of participants in order for us to run them. If we don't reach that minimum, the camp has to be cancelled. Usually we make a decision about a week before camp begins.

So... please register early!

Basketball Camp

Entering Grades 3 - 8

Scott Wenzel, Newington High School Boys Basketball Coach, presents this fundamental basketball camp. Includes instruction in skill building, shooting, passing, defense, situational application, skills contests, games and much more. Snacks will be provided, ribbons will be awarded to the top six places in each skills competition and all participants will receive a t-shirt.

Staff: Scott Wenzel & high school players

Location:

Boys: Emmanuel Christian Academy gym

Girls: Mortensen Community Center gym

ID	Time	Dates	Fee
Boys Entering Grades 3 - 5			
6852	8:00 AM - 11:00 AM	Mon - Fri July 12 - 16	\$90
Boys Entering Grades 6 - 8			
6853	11:30 AM - 2:30 PM	Mon - Fri July 12 - 16	\$90
Girls Entering Grades 3 - 5			
6850	8:00 AM - 11:00 AM	Mon - Fri August 16 - 20	\$90
Girls Entering Grades 6 - 8			
6851	11:30 AM - 2:30 PM	Mon - Fri August 16 - 20	\$90

Non-residents pay the same rate as residents for all the programs listed on this page!

Newington Soccer Club Camp *Boys & Girls Ages 8 - 14*

The focus of this camp will be to develop and improve each player's soccer skills and abilities through engagement in games & activities that focus on understanding & learning the game of soccer. Players will be organized by age & ability so that all players are in a comfortable, yet challenging, learning environment. Camp Director Dave Clarke, Quinnipiac's Women's Soccer Head Coach, has also been a coaching instructor for the Soccer Club of Newington for the past 3 years; emphasizing player development & enjoyment of the game.

Location: Mill Pond Soccer Fields

Staff: Quinnipiac University coaches & players

ID	Time	Dates	Fee
6854	5:30-7:30 PM	Mon - Fri August 9-13	\$100 13

Sports Camps and Summer Music Program...

Tiny-Hawk Soccer, Baseball & Basketball Camp *Ages 3 - 4*

Tiny-Hawk programs help children fine-tune their motor skills with athletics. These programs teach the basic skills of the sport while fostering the natural thirst for discovery found at this age. Parents must stay on-site and parent participation is required!

Location: Mill Pond Park (Garfield St. side)

Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
6759	9:00 - 9:50 AM	Mon - Fri Aug. 16 - 20	\$59



Mini-Hawk Soccer, Baseball & Basketball Camp *Ages 5 - 7*

Mini-Hawk programs help young children explore sports in a day-program setting. There is no pressure, just lots of fun, while these young athletes participate in unique Skyhawks games.

Location: Mill Pond Park (Garfield St. side)

Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
6758	10:00 AM - 1:00 PM	Mon - Fri Aug. 16 - 20	\$115

Non-residents pay the same rate as residents for all Skyhawks programs listed on this page!

Cheerleading Camp

Ages 7 - 12

Skyhawks Cheerleading offers a week of cheers, chants and fun games! Participants will be taught cheers, proper hand and body movements and jumping techniques. The week concludes with a choreographed performance.

Location: Mill Pond Park (Garfield St. side)

Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
6754	6:00 - 8:00 PM	Mon - Thurs. July 26 - 29	\$70

Flag Football Camp

Ages 7 - 12

This camp introduces the core skills of passing, catching and defense - all presented in a fun and positive environment! The week ends with the Skyhawks Sports Bowl!

Location: Mill Pond Park (Garfield St. side)

Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
6755	6:00 - 8:00 PM	Mon - Thurs. July 26 - 29	\$70

Beginner Skateboarding

Ages 7 - 12

Basic skateboarding instruction with an emphasis on balance, pushing the board, kick turns, maneuvering and manual. Campers will progress as they accomplish skills.

Location: Newington Skatepark

New Britain Avenue

Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
6756	9:00 AM - 12:00 PM	Mon - Fri August 2 - 6	\$115

Advanced Beginner Skateboarding

Ages 7 - 12

Learn intermediate level skateboarding maneuvers including ollies, shuv-its, kick-flips, board-slides and grinds on flatland, transitions (ramps), and rails.

Location: Newington Skatepark

New Britain Ave

Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
6757	9:00 AM - 12:00 PM	Mon - Fri August 9 - 13	\$115



Summer Music

Entering Grades 4 and up

Start a brand new instrument! If you play already, join the band or join the orchestra! From Beginners to Intermediate to Advanced musicians! Beginner lessons include Flute, Clarinet, Trumpet, Saxophone, Percussion, Violin, Viola, Cello and Bass. Concert on the evening of July 28th. #1 word to describe Summer Music from past participants: "FUN!!!" Separate Registration Form can be found in the Parks & Recreation office or online at www.newingtonct.gov.

Location: John Wallace Middle School

Instructors: Music Teachers

ID	Time	Dates	Fee
6855	8:00 AM - 12:00	Mon-Fri, June 28-July 28 (no program 7/5)	\$90 for residents \$110 for non-residents
14	(time varies depending on instrument played)		



Zumba Kids

Ages 5-11

Zumba is a dance-fitness class that combines Latin and International music with dance movements from Salsa, Merengue, Latin Hop, Cumbia, Flamenco and more to create a party-like atmosphere. Parents are welcome to stay and watch. Participants should bring water and wear comfortable clothes.

Instructor: Carrie Tartaglia

Location: Senior & Disabled Center Auditorium

ID	Time	Dates	Fee
7091	7:00- 7:45 PM	Tuesdays, July 6 - 27 (4 classes)	\$16 for residents \$20 for non-residents



Summer Sunshine

Ages 3 & 4 (Newington residents only)

June 28th - August 5th, 9:00 AM - 2:00 PM



Your child will have a blast this summer while socializing, playing games, listening to stories, creating crafts, swimming, music and movement and outdoor play! Each week is a different theme with all sorts of activities including arts & crafts, games, free play and much more. All participants must be toilet trained. Each child should bring a healthy lunch (lunches may not contain any snacks with peanut butter or nuts of any kind) with two juice boxes or water bottles and wear a bathing suit and bring a towel. Towels and backpacks should be labeled with your child's name. Children will attend supervised swim every day at the Mill Pond Pool wading area. A swim activity/water safety awareness program will also be offered. Children ride on a school bus with all staff at 1:00 PM and head to Mill Pond Pool for swimming. Pick up will be at 2:00 PM at the wading pool.

The program will be held at our preschool classroom located at 1075 Main Street in the lower level. It's a beautiful space dedicated solely to preschoolers and also includes a fenced in outdoor play space! *Staff: Marilyn Janelle, Pat Jarvis and Staff*

Please note that we are a nut-free program and facility. Peanut butter and nuts of any kind are not permitted in the facility.

Extended Care Program! Summer Sunshine will be staffed beginning at 8:00 AM for those parents who need to drop off their child earlier than 9:00 AM. Additional fees do apply, please see below for more information.

EACH WEEK IS A DIFFERENT THEME!

Week 1	Welcome To Summer Camp: A New Experience!
Week 2:	Holiday Celebrations From All Over the World!
Week 3:	Sailing the High Seas & Awesome Oceans
Week 4:	Beach Bums: Sun, Sand and Surf!
Week 5:	Science Surprise: Find Out How Things Work!
Week 6:	Nature Nuts: The World and All its Wonders!

DAILY ACTIVITIES

Mondays:	Painting and Drawing Activities
Tuesdays:	Messy Art Projects and Creations
Wednesdays:	Beads and Wearable Projects
Thursdays:	Play Dough and Multi Media Art Activities

Extended Care Information



Extended care is available for this program from 8 - 9 AM daily.

Two Days per week: **\$12 each week**
 Four Days per week: **\$22 each week**
Week 2 (three days): \$17

**Four Days per week (three days during week 2)
 for all 6 weeks: \$115***

* To be eligible for the discounted rate, you must register and pay for all 6 weeks of extended care at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 6 weeks of extended care purchased individually is \$127.

Registration Information

Week 1	ID: 6822	Monday and Wednesday, June 28, 30
	ID: 6823	Tuesday and Thursday, June 29, July 1
Week 2*	ID: 6824	Tuesday, Wednesday and Thursday, July 6, 7, 8
Week 3	ID: 6825	Monday and Wednesday, July 12, 14
	ID: 6826	Tuesday and Thursday, July 13, 15
Week 4	ID: 6827	Monday and Wednesday, July 19, 21
	ID: 6828	Tuesday and Thursday, July 20, 22
Week 5	ID: 6829	Monday and Wednesday, July 26, 28
	ID: 6830	Tuesday and Thursday, July 27, 29
Week 6	ID: 6831	Monday and Wednesday, August 2, 4
	ID: 6832	Tuesday and Thursday, August 3, 5

* Please note that Week 2 is a three-day program (no program 7/5).

Payment Information

Two Days per week: **\$50 each week**
 Four Days per week: **\$90 each week**
Week 2 (Three Days): \$70

**Four Days per week (three days during week 2)
 for all 6 weeks: \$460***

**Register for the entire 6 week program, four
 days per week and SAVE!**

* To be eligible for the discounted rate, you must register and pay for all 6 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 6 weeks purchased individually is \$520.



Summer Camps: Playground Pals...

Playground Pals

Open to children who reside in Newington and are registered for fall Kindergarten or completed Kindergarten this school year (space is limited—register early)!

June 28th - August 13th, 9:00 AM - 2:00 PM

Our staff has an action-packed summer planned for your child! Activities include theme weeks such as Beach Week, Animal Week, Hawaiian Week, and Disney Week. There are also many exciting field trips planned! Registrants may sign up for all sessions. The ratio is approximately 1 staff member to 10 children. Playground Pals is held at the Mortensen Community Center Teen Center. Children should arrive to camp each day with a bagged lunch and snack with beverages. Children will participate in daily swim instruction and are asked to wear a bathing suit and bring a towel every day.

Our staff work to provide a positive experience for all participants and are individuals who are selected on the basis of their skills and talents, as well as their enthusiasm.

ELIGIBILITY: The Playground Pals Program is an exciting summer for all participants. Open to children who reside in Newington and are registered for fall Kindergarten or completed Kindergarten this year. Those who have completed 1st grade are not eligible for this program.

TIME: Staffed daily from 9:00 AM - 2:00 PM. Extended care is available for this program from 2:00 - 4:00 PM for an additional fee.

DATES: The program runs Monday through Friday, June 28 - August 13. There is no program on Monday, July 5.

SWIM: Swim Instruction will be available to all participants and offered at no additional charge.



Playground Pals 2010 Registration Information

	<i>Before June 11</i>	<i>After June 11</i>
ALL 7 WEEKS:	\$450	\$485
ANY 4 WEEKS:	\$275	\$295
ANY 1 WEEK:	\$75	\$80
WEEK 2*:	\$60	\$65

(No Program July 5th)

Register for Playground Pals weekly at the rates listed above.

**To be eligible for the discounted rate, you must register and pay for all 4 or 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 11 is \$510. Total cost for 7 weeks purchased individually after June 11 is \$545.*



Extended Care Registration Information

Extended care is available for this program from 2:00 - 4:00 PM daily.

Extended care may only be purchased as a weekly option.

\$30 per week; \$24 for week 2

A **separate registration form** must be filled out for the Playground Pals and Summer Playgrounds programs.

They are available at the Parks and Recreation office and also on our website at www.newingtonct.gov.

Counselor-In-Training (CIT)

For Newington Youth who have completed Grades 8, 9, or 10

A program that provides instruction, teaching and skill development working with children in a summer camp setting through experience. Applicants may choose from two different sessions. This program is limited to the first 10 selected participants per session. Staff members will review all applications and applicants will be notified of acceptance. During the first 2 days of each session, participants will receive training in leadership, professionalism, team building, basic first aid, policies & procedures, customer service, how to fill out a job application, how to interview for a job, games and activities, and a basic knowledge on how to work with children. The last 8 days of the session are spent on-site at one of our Summer Playgrounds directly working with the campers.

To apply for the Counselor-In-Training program, applicants must:

- Complete a Parks and Recreation Program Registration Form
- Obtain a Letter of Recommendation (from someone other than a relative)
- Complete the Counselor-In-Training Application (found in the Parks & Recreation office or on our website at www.newingtonct.gov)
- Submit the Registration Form, Letter of Recommendation, and Counselor-In-Training Application to the Parks & Recreation office no later than Friday, June 11.

- ⇒ This program is limited to the first 10 selected participants per session. You may only register for one session. Parks & Recreation staff members will review all applications. Applicants will be notified of acceptance by June 18th.
- ⇒ CIT's are placed at a site according to the needs of our program.
- ⇒ CIT's and a parent must be able to attend the informational meeting on Thursday, July 1 (details below).
- ⇒ CIT's must be able to attend all 10 days of the session in order to participate.
- ⇒ For the first 2 days of each session, participants will meet at the Mortensen Community Center. For the last 8 days of each session, participants must be dropped off & picked up at their specific camp sites.
- ⇒ **There will be a mandatory meeting for all CIT's and their parents prior to the start of the program on Thursday, July 1 from 6:00 - 7:00 p.m. in the Mortensen Community Center Gymnasium.**

Registration Information

Time: 9:00 AM - 3:30 PM

Fee: \$100 per session

Session 1: ID: 6818 Monday through Friday, July 12 - 23

Session 2: ID: 6819 Monday through Friday, July 26 - August 6

Summer Playgrounds

For Newington children who have completed Grades 1 - 7

Experience the fun!



The Summer Playground Program is back for another wonderful summer of fun in the sun! Our staff is busy preparing many fun and exciting activities, games, special events and field trips, not to mention lots of swimming, sports, arts and crafts, talent shows and much more!

Monday - Friday, June 28th - August 13th

(no program July 5th)

8:00 AM - 4:30 PM

2010 Summer Playgrounds Registration Information

	<i>Before June 11</i>	<i>After June 11</i>
ALL 7 WEEKS:	\$535	\$575
ANY 4 WEEKS:	\$420	\$440
ANY 1 WEEK:	\$115	\$125
WEEK 2*:	\$100	\$110

Register for Summer Playgrounds at the rates listed above.

**To be eligible for the discounted rates for multiple weeks, you must register and pay for all 4 or 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 11 is \$790. Total cost for 7 weeks purchased individually after June 11 is \$860.*

Registration information for Summer Playgrounds is available in the Parks and Recreation office or on the web at:

www.newingtonct.gov

Youth and Adult Tennis Programs...

Open Tennis Courts

Richard Lienhard Tennis Courts
at Mill Pond Park

Open June through September
Phone: 860-667-5820

Program Coordinators: Sarah Dean
(860-667-4984) & Nancy Frost (860-529-1165)

COURT FEES

\$10 per hour for NTA Members & Residents;
\$14 per hour for Non-Residents

SEASON PLAY PASSES

\$120/player and \$180/family (NTA members only)

JUNIORS (18 & under):

\$8.00 per player

* Checks made payable to:
Newington Tennis Association

OPEN COURT HOURS

Monday through Friday
8:00 AM – 12:00 Noon
5:00 PM – 8:00 PM

Saturdays & Sundays
8:30 AM – 12:00 Noon

NTA PROGRAMS

Program	Days	Time
Women's Doubles	Tuesdays	9:00 - 11:00 AM
	Wednesdays	5:30 - 8:00 PM
Men's Doubles	Wednesdays	5:30 - 8:00 PM
Senior Doubles	Mon, Wed, Fri	9:00 - 11:00 AM
Greater Hartford League		
Men:	Mondays	5:30 - 8:00 PM
Women:	Tuesdays	9:30 - 11:30 AM
Mixed Doubles	Fridays	5:30 - 7:30 PM
Men's Singles	Saturdays	9:00—11:00 AM
	Tuesdays	5:30 - 8:00 PM

Youth Tennis Program

All Star Junior Development Ages 4 & up

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructor Bob Dean

Rain dates will be held indoors at the Newington Tennis Center for an extra fee. For questions about the program, please call Bob Dean after May 15th at 860-667-5820.

SESSION SCHEDULE, Mondays - Thursdays

#1 June 7 - 10	#6 July 12 - 15
#2 June 14 - 17	#7 July 19 - 22
#3 June 21 - 24	#8 July 26 - 29
#4 June 28 - July 1	#9 Aug. 2 - 5
#5 July 5 - 8	#10 Aug. 9 - 12

MUNCHKIN TENNIS, Ages 4 - 7

Designed for the little players. Have fun and play games while learning the basic skills of tennis.

Level	Time	Fee
Beginner	9:00 - 10:00 AM	\$40 resident \$48 non-resident

RISING STARS, Ages 7 - 12

Introduce & continue the development of basic skills. Emphasis on ground strokes, serves, volleys, rules of play and court etiquette.

Level	Time	Fee
Beginner -	10:00 - 11:00 AM	\$40 resident
Intermediate	11:00 AM - 12:00 noon	\$48 non-resident

CHAMPIONSHIP TENNIS, Ages 10 - 14

Designed for advanced beginners and intermediate juniors working on more complete tennis skills, specialty shots and match play.

Level	Time	Fee
Intermediate	11:00 AM - 12:00 noon	\$40 resident \$48 non-resident

TOURNAMENT TENNIS, Ages 12 & up

High school team and youth tournament players. High level of competition designed for the more serious player. Subject to screening by the tennis staff. This class is only held on Wednesdays.

Level	Time	Fee
Advanced	1:00 - 2:30 PM	\$15 resident \$18 non-resident

JUNIOR TENNIS TEAM

High level competition, match play (season includes 8-10 matches) 1 practice per week (Mondays, 1:00-2:30 p.m.), 2 matches per week (Tuesdays and Thursdays, 1:00-3:00 p.m.)

Dates	Fee
June 28 - July 29	\$85 resident \$90 non-resident

Adult Tennis Program

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructor Bob Dean

Questions about the program? Please call Bob Dean after May 15th at 860-667-5820 or 860-667-4984.

LESSON RATES

Private:	1 hour: \$36 1/2 hour: \$26
Semi Private:	\$24/hour per student (2 or more students)
Group Lesson:	\$12/hour per student

ADULT BEGINNER LESSONS

All the basics and more!

Mondays:	6:30 - 7:30 PM
Wednesdays:	6:30 - 7:30 PM
Fee:	4-week session: \$48

ADVANCED DRILLS

Sharpen your skills, tactical & technical tips	
Mondays:	5:30 - 6:30 PM
Wednesdays:	5:30 - 6:30 PM
Fee:	4-week session: \$48

Adult Registration Form

Please use this form when registering for adult tennis lessons

First Name: _____

Last Name: _____

Home Phone: _____

Cell Phone: _____

Business Phone: _____

Address: _____

City: _____ Zip: _____

Sessions are four weeks—you may enter at any time!

Enter date you wish to begin:

Circle Appropriate Session:

Monday: Beginner Advanced

Wednesday: Beginner Advanced

Youth Registration Form *Please use this form when registering for youth tennis!*

Class: _____ Session(s): _____

Student Name: _____ Age: _____

Address: _____ City: _____

Phone: _____ Emergency Contact: _____

Golf Programs

At Indian Hill Country Club

Golf Instructors:

Wayne Smyth - PGA Professional

Ryan Bowey - PGA Professional

Jodi Hitchcock - PGA Apprentice

*Participants should bring their own clubs to each program, but clubs will be provided if necessary.

Complimentary Junior Golf Clinics

Ages 10 - 17

ID:	Date	Time
6856	Monday, June 28	11AM - 1 PM
6857	Monday, July 26	11 AM - 1PM
6858	Monday, Aug. 23	11 AM- 1PM

Pre-registration Required

Mighty Mites Lessons

Ages 3 - 9

ID:	Time	Dates	Fee
6859	2:00 - 2:45 PM	Sat & Sun July 10 & 11	\$40
6860	2:00 - 2:45 PM	Sat & Sun Aug. 21 & 22	\$40

Junior Golf Lessons

Ages 10 - 17

ID:	Time	Dates	Fee
Co-Ed Program			
6861	1:00 - 4:00 PM	Mon - Thurs June 28 - July 1	\$179
6862	1:00 - 4:00 PM	Mon - Thurs July 12 - 15	\$179
6863	1:00 - 4:00 PM	Mon - Thurs July 26 - 29	\$179
6864	1:00 - 4:00 PM	Mon - Thurs Aug. 16 - 19	\$179
Girl's Only Session			
6865	1:00 - 4:00 PM	Mon - Thurs Aug. 2 - 5	\$179

High School Player's Club

Co-Ed Program

ID:	Time	Dates	Fee
6866	1:00 PM	Wednesdays, June 23 - Aug. 18	\$100
(Play at 2:00 PM)			

Adult Golf Clinic

Indian Hill Country Club

A great way to learn the game of golf! Topics covered include Beginning Fundamentals, Full Swing, Putting, Chipping & Pitching and Bunker Play, and there will be On-course Instruction during the last half hour of each class.

ID:	Time	Dates	Fee
6867	6:00 - 7:30 PM	Wednesdays, May 26 - June 30 (6 classes)	\$110
6868	6:00 - 7:30 PM	Wednesdays, July 7 - Aug. 11 (6 classes)	\$110

Make-ups will be held August 19th.

Non-residents pay the same rate as residents for all the programs listed on this page!



Ladies Golf Clinics

Indian Hill Country Club

Ladies Only! Participate in golf lessons specifically designed with women in mind. A great way to learn the game of golf! Topics covered include Beginning Fundamentals, Full Swing, Putting, Chipping & Pitching and Bunker Play. On-course instruction will be taught the last half hour of each class.

ID:	Time	Dates	Fee
6869	6:00 - 7:30 PM	Thursdays, May 27 - July 1 (6 classes)	\$110
6870	6:00 - 7:30 PM	Thursdays, July 8 - Aug. 12 (6 classes)	\$110

Make-ups will be held August 19th.

Indian Hill Country Club

111 Golf Street
Newington, CT 06111
Phone: 860-666-5447
Fax: 860-666-2805

E-Mail: thegolfshop@ihccgolf.com

Website: www.ihccgolf.com

Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages and it's an easy and effective form of exercise.

You'll enjoy this class with fun music and body firming routines, and then you'll see why Zumba has become a popular new way to exercise!

Please note that regular classes are 50 or 60 minutes long.

Location: Senior & Disabled Center Auditorium
Instructor: Mondays & Tuesdays: Keiko Broyles
Thursdays: Jenn Trent



ID:	Dates	Time	Fee:
7084	Mondays, July 12 - September 20 (8 classes, no class 8/16, 8/30, 9/6)	5:00 - 5:50 PM	\$38 for residents \$47 for non-residents
7085	Tuesdays, July 6 - September 21 (11 classes, no class 8/31)	5:45 - 6:45 PM	\$55 for residents \$68 for non-residents
7090	Thursdays, July 15 - August 26 (7 classes)	5:30 - 6:30 PM	\$35 for residents \$44 for non-residents

Tone Aerobics

A great way to start your morning with this low-impact aerobics class. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Bring an exercise mat or towel.

Instructor: Sandy Rovelli
Location: Senior & Disabled Center Auditorium



ID:	Time	Dates	Fee:
7086	9:15 - 10:15 AM	Tuesdays, June 29 - Sept. 21 (12 classes, no class 8/3)	\$48 for residents \$60 for non-residents
7087	9:15 - 10:15 AM	Thursdays, July 1 - Sept. 23 (12 classes, no class 8/5)	\$48 for residents \$60 for non-residents

Register for both classes and save \$5! Residents: \$91 Non-Residents: \$115

On The Ball

Take that stability ball out of the closet and learn how to use it! Strengthening and flexibility exercises will be performed.

This class is a great way to improve body strength, core stability and balance. Please bring your own ball and mat.

Instructor: Sandy Rovelli
Location: Senior & Disabled Center Rooms A & B
Fee: \$40 for residents / \$50 for non-residents



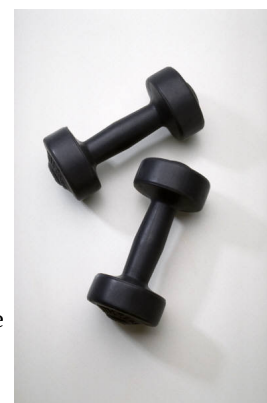
ID:	Time	Dates
7088	10:15 - 11:10 AM	Mondays, June 28 - September 20 No class 7/5, 8/2, 9/6 (10 classes)



**Program
Information Hotline:
860-665-8686**

50/50 Fitness

This class is a fantastic way to start off your week. The first half of the class is aerobic to work your cardiovascular system, and the second half of the class is resistance training to tone your muscles. It's a complete workout! Bring an exercise mat and a pair of hand-held weights.

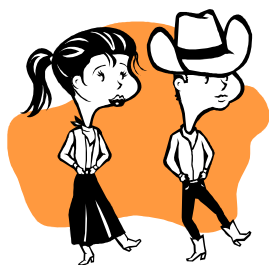


Instructor: Sandy Rovelli
Location: Senior & Disabled Center Rooms A & B
Fee: \$40 for residents / \$50 for non-residents

ID:	Time	Dates
7089	9:15 - 10:10 AM	Mondays, June 28 - Sept. 20 No class 7/5, 8/2, 9/6 (10 classes)

Line Dancing

Line dancing isn't just country/western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. No partner is needed, it's fun, great exercise and just a few classes will free the dancer in you.



Instructor: Wendy Nielsen
Location: Senior & Disabled Center Ceramics Room
Fee: \$63 for residents / \$78 for non-residents

ID:	Time	Days
7066	5:30 - 6:30 PM	Mondays, July 12 - Sept. 13 (9 classes, no class 9/6)

Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Not for the faint of heart. Participants should be in good physical condition.

Instructor: Laura Campbell
Location: Mortensen Community Center Gymnasium
Fee: \$60 for residents / \$75 for non-residents

ID:	Time	Dates
7067	5:45-6:45 PM	Thursdays, July 1 - September 16 (12 classes)

Hi/Lo Aerobics

Get Moving! This fun aerobics class includes kickboxing, funk, and salsa moves that will leave you feeling more energetic and healthy. Build strength and endurance.

Instructor: Laura Campbell
Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
7070	6:30 - 7:30 PM	Mondays, June 28 - September 13 (10 classes, no class 7/5, 9/6)	\$40 for residents / \$50 for non-residents
7071	6:00 - 7:00 PM	Wednesdays,	\$48 for residents / \$60 for non-residents
7072	7:00 - 8:00 PM	June 30 - September 15 (12 classes)	

Register for any 2 classes! Residents: \$83.00! Non-Residents: \$105.00!

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!

The Art of T'ai Chi

T'ai chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gently fluid movements.

Instructor: Ken Zaborowski
Location: Mortensen Community Center Romano Room
Fee: \$63 for residents / \$78 for non-residents

ID:	Class	Time	Dates
7068	Beginners	5:30 - 6:30 PM	Mondays June 28 - September 13 (10 classes, no class 7/5, 9/6)
7069	Intermediates	6:30 - 7:30 PM	Mondays June 28 - September 13 (10 classes, no class 7/5, 9/6)

Want to learn more about the history and principles of T'ai Chi?

Or do you just want to know what T'ai Chi is?

Check out Ken's website:
www.white-lotus.com



Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.

BEGINNERS: Focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and glutes) and improve balance and coordination between the body's limbs.

INTERMEDIATE: Continues to strengthen the core muscles by using more challenging poses that work the core muscles in more challenging positions. This class moves through the exercises at a faster pace.

MIXED-LEVELS: Everyone is welcome at this class! Options for different ability levels will be provided.

Instructor: Maggie Downie
Location: Senior & Disabled Center Room A & B
Fee: Session 1: Residents: \$68 / Non-Residents: \$85
 Session 2: Residents: \$34 / Non-Residents: \$43

ID:	Class	Time	Dates
Session 1: Wednesdays - Beginners or Intermediates			
7073	Beginners	5:30-6:30 PM	Wednesdays, July 7 - August 25
7074	Intermediate	6:30-7:30 PM	(8 classes)

Session 2: Wednesdays - Beginners or Intermediates

7075	Beginners	5:30-6:30 PM	Wednesdays, September 8 - 29
7076	Intermediate	6:30-7:30 PM	(4 classes)

Ball Pilates

This class offers a fun twist to typical Pilates exercises. Using a ball will still strengthen your core muscles (stomach, back and glutes) and it will also enable you to test your balance, increase your range of motion and improve flexibility. The ball can be used at any fitness level and can be incorporated into your daily routine to strengthen and lengthen your muscles even when you're not in class. While the ball is a challenge, exercising on the ball can also be playful, allowing you to feel like a kid again while getting a good workout. Wear comfortable clothes and bring a yoga mat, water and an exercise ball for your height to each class.

MIXED-LEVELS: Everyone is welcome at this class! Options for different ability levels will be provided.

Instructor: Maggie Downie
Location: Senior & Disabled Center Room A & B
Fee: Session 1: Residents: \$60 / Non-Residents: \$75
 Session 2: Residents: \$34 / Non-Residents: \$43

ID:	Time	Dates
Session 1: Mondays - Mixed-Levels		
7077	5:30-6:30 PM	Mondays, July 12 - August 23
7078	6:30-7:30 PM	(7 classes)

Session 2: Mondays - Mixed-Levels

7079	5:30-6:30 PM	Mondays, August 30 - Sept. 27
7080	6:30-7:30 PM	(4 classes, no class 9/6)

Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required and yoga blankets are highly recommended.

Location: Mortensen Community Center Romano Room
Instructors: Karen Sevenoff / Cynthia Wolcott



ID:	Class	Time	Dates	Fee:
7081	Mixed Levels Yoga with Karen Sevenoff	5:30 - 6:45 PM	Wednesdays, July 7 - Sept. 22 (12 classes)	\$72 for residents \$90 for non-residents
7082	Beginner Yoga with Cynthia Wolcott	5:45 - 6:55 PM	Thursdays, July 8 - Aug. 26 (8 classes)	\$48 for residents \$60 for non-residents
7083	Mixed Levels Yoga with Cynthia Wolcott	7:00 - 8:15 PM	Thursdays, July 8 - Aug. 26 (8 classes)	\$48 for residents \$60 for non-residents

Yoga Class Descriptions

Beginner Yoga

This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!

Mixed Levels Yoga

This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.



Fun-n-Fitness

An invigorating class that gets you off to the right foot. Improve stamina, strength, muscle tone, and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: \$42 for residents / \$52 for non-residents

ID:	Time	Days
6871	10:20 - 11:20 AM	Tuesdays, June 29 - Sept. 21 (12 classes, no class 8/3)
6872	10:20 - 11:20 AM	Thursdays, July 1 - Sept. 23 (12 classes, no class 8/5)

Register for both classes: Residents: \$79! Non-residents: \$99!

Fitness Clinics for Older Adults

Learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Room. Must present a doctor's note when registering and be a Newington Senior & Disabled Center member.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

Fee: \$15 for residents / \$18 for non-residents

ID:	Time	Days
6699	11:30 - 1:30 PM	Tuesday, June 8
6873	11:30 - 1:30 PM	Tuesday, July 13
6874	11:30 - 1:30 PM	Tuesday, August 10
6875	11:30 - 1:30 PM	Tuesday, September 14

Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for all levels.

Instructor: Linda Leslie

Location: Senior & Disabled Center Rooms A & B

Fee: \$21 per session for residents

\$26 per session for non-residents

ID:	Time	Dates
6876	11:15 AM - 12:15 PM	Mondays, June 21 - July 19 (4 classes, no class 7/5)
6877	11:15 AM - 12:15 PM	Mondays, July 26 - August 16 (4 classes)
6878	11:15 AM - 12:15 PM	Mondays, August 23 - Sept. 20 (4 classes, no class 9/6)

Dance Classes for Older Adults

Dancing is a great way to stay active, healthy and have fun. Ballroom dancing is a great class for those who are new to dancing or would like to improve dance skill. You will be exposed to the Foxtrot, Waltz, Rumba, Cha Cha and Swing. Have fun while benefiting from an excellent form of exercise! Or try our Line Dancing classes, another fun way to exercise! Come with or without a partner.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Fee: \$31 per session for residents

\$38 per session for non-residents

ID:	Class	Time	Dates
Session 1 (4 classes, no class 7/23):			
6879	BALLROOM	10:00 - 11:00 AM	Fridays, July 9 - August 6
6880	LINE DANCING	11:00 AM - 12:00 PM	Fridays, July 9 - August 6
Session 2 (4 classes):			
6881	BALLROOM	10:00 - 11:00 AM	Fridays, August 20 - Sept. 10
6882	LINE DANCING	11:00 AM - 12:00 PM	Fridays, August 20 - Sept. 10

Oil Painting

An instructive course aimed at improving the returning student's skills and knowledge and introducing the new student to the basic ingredients of painting. Students are instructed individually. Traditional concepts of painting will be applied to still-life, floral, landscape, seascape and wild-life. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.



Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$56 for residents

\$70 for non-residents

ID:	Time	Dates
6883	6:30 - 8:30 PM	Mondays, July 12 - August 30 (8 classes)

T'ai Chi for Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density and develops muscle tone. It's gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

Fee: \$45 for residents / \$56 for non-residents

ID:	Class	Time	Days
6884	BEGINNER	9:00 - 9:45 AM	Mondays,
6885	INTERMEDIATE	10:00 - 10:45 AM	June 28 - Sept. 13 (no class 7/5, 9/6) (10 classes)

Want to learn more about what T'ai Chi is?
Check out Ken's website: www.white-lotus.com

Parks & Recreation Registration Info

OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

Convenient Ways To Register...



Fax-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through.
Fax to (860) 665-8739.



Mail-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information or make checks payable to "Newington Parks & Recreation." Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.



Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111. Walk-in office hours are:
Monday – Friday, 8:30 AM – 4:30 PM.
***Drop slot available after hours.**



Phone-in: Please have your VISA, MasterCard or Discover card ready when you call us at: **(860) 665-8666.**

IMPORTANT INFORMATION

If you are registering a **child under the age of 6** and they have not participated in our programs in the past, include a copy of the child's birth certificate with the registration form. This is a one-time request.

If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.

If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.

Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. The Parks & Recreation Department will try to accommodate all registrants. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Wednesday, June 2nd, 2010. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, camps and others) are not available for non-residents. Please contact our office to find out if the program you are interested in is available for non-residents.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be pro-rated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued.

Contact Us:

Phone:

Voice: 860-665-8666
Fax: 860-665-8739
Hotline: 860-665-8686

At the Office:

Monday - Friday
8:30 a.m. - 4:30 p.m.
131 Cedar Street
Newington Town Hall
Mortensen Community Center

On the Web:

www.newingtonct.gov

Looking for a certain program? Or, have a special skill and a talent for teaching?

Have you ever wanted to take that certain class or program but don't see it offered anywhere? Do you have a special skill or talent that you would like to share with people? We want to hear from you! Please call the Parks & Recreation office and ask to speak to a Recreation Supervisor today! You never know...the program you want to take may just be a phone call away!

